

CLASSES & RESOURCES IN THE COMMUNITY!

Please contact PRRC 415-221-4810 x22839 and/or organizations on reverse side for updates on COVID 19 closures

MONDAY	TUESDAY	WEDNESDAY	THURSDAY AM	THURSDAY PM	FRIDAY
See website Guided Group Meditation Schedule on zoom	9:30-10:00 Community Chat Healing Well Hybrid/Zoom	9:00-10:00 Yoga Class The Healing Well on Zoom	9:00-10:00 Chair Yoga The Healing Well on zoom	12:30-1:30 Healing Well Guitar SPark Parklet Turk/Jones	9:00-10:00 Yoga Class The Healing Well on Zoom
11:30-12:30 12 Steps for Healing The Healing Well on Zoom	10:00-11:15 Poetry Healing Well Hybrid/Zoom		12:30-1:30 Music Exploration Healing Well 276 Eddy	Appointments Computer Basics Class Main Library 5th Floor Computer Training Center APPOINTMENTS	First FRIDAYS NAT'L PARKS 10:00am-3:00pm Mark Smith 415-609-7986
2:30-3:30 Gentle Movement Boeddeker Park 295 Eddy by Healing Well		10:15-11:15 SPIRITUALITY Healing Well Hybrid/Zoom		2:00-6:00 Creative Wellness Virtual, leave email at: 415-221-4810 x22839	10:00-10:45 Vet-to-Vet Virtual Videoconference REGISTRATION REQUIRED SEE REVERSE SIDE FOR INFO
Appointments Computer and other classes and support Main Library 5th Floor Bridge at Main	11:00-12:00 TECH TUESDAY SFPL https://sfpl.org/locations/virtual-library			2:00-3:00 Every 3rd Thursday Recovering Yourself through Video at BAVC Hybrid zoom/In person SEE REVERSE SIDE FOR INFO	11:30am-12:30 Serenity Spot HEALING WELL ON ZOOM
			2:30-3:30 Every 2nd & 4th Thursdays Drumming for Change CALL x22839 FOR INFO/LINK	4th Friday 11:00am-12:00pm De Young Museum virtual tour See reverse for info or call 415-221-4810 x22839 to register for docent led tour	
MONDAY TO FRIDAY				2:00-3:00 Digital Device Drop-In Main Library 5th Floor Computer Training Center APPOINTMENTS DAILY VETERAN PEER SUPPORT CALL 1PM - 2PM, MON thru FRI 1-833-558-0712 Access Code: 199 188 6613##	11:30am-1:00pm Heroes Voices Guitar Corps on Zoom INFO: LEAVE YOUR EMAIL AT Heroes Voices Website
12:00-5:00 Veterans' Resource Center Benefits, Services, Resources, and more! Main Library 5th Floor Computer Training Center PHONE HELP AVAILABLE	1:00-5:00 Veterans Success Center Employment and Career Services Veterans Building 2nd Floor BY PHONE OR IN PERSON	1:00-2:00pm Spirit Talk Healing Well 476 Eddy St INFO: Healing Well website		4:00-5:00 Digital Device Drop-In Main Library 5th Floor Computer Training Center APPOINTMENTS DAILY VETERAN PEER SUPPORT CALL 1PM - 2PM, MON thru FRI 1-833-558-0712 Access Code: 199 188 6613##	1:00-2:00 Art Lab with ArtSeed LEAVE YOUR EMAIL AT x22839 TO GET LINK OR FOR MORE INFO
SUNDAY 11:00 AN DRUMMM CIRCLE MONTHLY @ SALESFORCE & AS SCHEDULED ON DRUMMM.COM	SUNDAY 5:00-9:00 Veterans Tango Veterans Building RM 212 SATURDAYS 5-9 PM SUNDAYS 6-10 PM	WEDNESDAY 1:00-2:00pm Spirit Talk Healing Well 476 Eddy St INFO: Healing Well website		3:00-4:00 Veteran Photography Class With 6th on 7th Gallery LEAVE YOUR EMAIL AT x22839 TO GET VIDEO LINK	

CLASSES & RESOURCES IN THE COMMUNITY: Locations & Contact Information

****ALL Veterans Welcome****

VETERANS BUILDING

401 Van Ness Avenue (Between McAllister & Grove St.)

- **AMVETS Success Center, 2nd Floor, M-F, 1:00-5:00pm**
- **Vet-to-Vet; Drumming for Change; Self Directed Art Lab; and Veteran Writing, Art, & Music (WAM) Class**
Contact Dan Evenhouse at 415-221-4810 x22839 or x16019
- **Drummm Circle at Salesforce and other locations**
Contact Jeni or check schedule at Drummm.com
- **Heroes Voices Guitar Corps**
Contact Richard Harrell at 415-385-0596
r.harrell@heroesvoices.org
- **Veterans Tango and Art of Dressing**
Contact Ivan Shvarts, 415-760-9374
GoldenAgeTangoAcademy@gmail.com
- **De Young Museum docent led tours**
Contact 415- 750-2613

SAN FRANCISCO PUBLIC LIBRARY, Main Library

100 Larkin Street (Between Fulton & Grove St.)

<https://sfpl.org/locations/virtual-library>

- **Veteran's Resource Center, 5th Floor, Computer Training Center Bridge at Main Learning Center**

Contact Brian Castagne, 5th floor, 415-557-4388

BAY AREA VIDEO COALITION

Location 145 9th Ave SF

(415) 861-3282 info@bavc.org

SIXTH ON SEVENTH GALLERY

105 7th Street (Between Mission & Minna St.)

Contact Dan Evenhouse, 415-221-4810 x22839 or x16019

THE HEALING WELL

476 Eddy Street, Contact 415-500-2099support@healingwellsf.org

ArtSeed <https://www.artseed.org/> 1007 General Kennedy Ave, San Francisco, CA 94129 Exec. Dir. Josefa 415-656-9849

GOLDEN GATE NATIONAL PARKS VOLUNTEERING

Contact Yakuta Poonawalla, Community Programs Manager, 917-689 8515
ypoonawalla@parksconservancy.org

VA W.A.R.I.O.R. PROGRAM

10am-3pm every *first* Friday, unless otherwise posted.

Free community shuttle from Ft. Miley VA to Golden Gate National Parks sites for hiking, meditation, nature, etc.

Meet in front of building 200 at Ft. Miley VA.

Contact Mark Smith to register, 415-609-7986
mark.smith2211e7@va.gov

FunCheap SF Events Calendar:

<http://sf.funcheap.com/>

Veterans Building Calendar

<http://bit.ly/1RaVr2b>

PRRC Community Events Calendar:

<http://tinyurl.com/hf6b3he>